

## ROUTING AND RECORD SHEET

SUBJECT: (Optional) Improved Exercise Facilities at Headquarters

FROM:

OL/P&amp;PS

EXTENSION

NO.

OL 4083-83

DATE

13 April 83

TO: (Officer designation, room number, and building)

DATE

OFFICER'S INITIALS

COMMENTS (Number each comment to show from whom to whom. Draw a line across column after each comment.)

1.

C/BPS/OL

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OL/P&amp;PS

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Please review the attached draft that briefly outlines the history, and problems associated with improving the exercise/fitness facilities at Headquarters. Any comments, additions or corrections to the information contained therein would be greatly appreciated.

Attachment

1-3: John,  
I feel strongly  
about need to  
incorporate info  
I have appended.

DRAFT

## IMPROVED EXERCISE FACILITIES AT HEADQUARTERS

1. With respect to the current exercise/fitness facility in the Headquarters Building; the facility initially began with the installation of a running<sup>t</sup> rack in the Headquarters Building basement circa 1967. This running track was later enhanced by the addition of a gym/exercise area, and the entire facility was placed under the administrative control of the Office of Personnel (OP). Coordinating with the Office of Medical Services (OMS) the OP acquired and installed various exercise and fitness equipment in the gym.

2. In 1977, the Director of Personnel and the Director of Logistics informally agreed to jointly maintain the Headquarters fitness facility. It was agreed that OP would be responsible for the operation of the facility and provide funds for equipment acquisitions, and the Office of Logistics (OL) would assume the responsibility for maintenance and repair of the facility. In 1978, \$14,800 was approved and allocated for renovating the fitness room. Of the total, \$3,800. was used by OP to purchase new lockers and benches, and \$11,000. was used by OL for renovation and paint. More recently, joint efforts by OP and OL to improve the facility include: the purchase of a new universal gym and repadding and recovering of gym benches; the purchase of a new training bag; the installation of new shower heads and mixing valves; and the construction of new shower racks.

3. Overall, past efforts by OP and OL to improve the faci-

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lity have been cosmetic in nature and have added little to expanding or enhancing the utility of the facility. The major constraints to improving the current facility are space and location. Located in the basement of the Headquarters Building, adjacent to the classified waste disposal (SOMAT) room, the running track and gym are frequently subjected to water intrusion and mild flooding as a result of plugged drains and overflows from the SOMAT machine. Additionally, the SOMAT machine produces and/or greatly contributes to a hot and humid environment in the exercise facility. Aside from relocating either the SOMAT machine or the exercise facility, it appears that nothing can be done to effectively and efficiently correct either of these problems. The second constraint to improving the current facility is simply a lack of space to add additional exercise and fitness equipment. Adding additional equipment without additional space would only diminish the utility of the current facility.

4. In coordination with OMS <sup>and OP</sup> OL has incorporated space for an exercise facility into the overall plan for the new building. At present, 5600 square feet of space has been identified in the new building plan for such a facility. Of the total, 4000 square feet has been designated for a fitness/exercise area, and 1600 square feet for lockers and showers. OL components will continue, throughout the design and construction phases of the new building, to work with OMS incorporating an OMS technical design into the proposed new facility.

5. The one outstanding issue still to be resolved is the legal basis for expending appropriated funds for this

demonstrate a relationship between fitness and the mission of the Agency, no administrative action has been taken to document this need.